The focus of this program involves the use of VBA to calculate BMI and store it in a database such as access. There will also be many features including; multi-user functionality stored in separate sections of the database to make viewing easier. The values within each of the user sections will include its height, weight, userID, date inputted and most obviously, the BMI. Individuals will be able to log into their respective section to log any new information that they wish to record. They will also be able to register any extra information/notes such as total calories, foods they ate or any extra comment they wish to input.

My decision to choose this application involves my interest in general health, I try to monitor my circulatory system more than my BMI as it is more important. Although I do want to lose weight and a system that will track calories and weight will be helpful in improving my overall blood pressure. Furthermore, learning how to make this program will help me develop a more personalized app to monitor my health because I like to input certain fields that are more convenient to measure. As such, any features included in this version of the project may be altered or removed if it no longer is relevant to my situation.